अनुभूति

ANUBHUTI 2027: 3rd International Conference on Mental Health & Wellbeing

"Honouring Lived Experiences: Real Voices, Real Change"

March 2 - 3, 2027

Organized by

DEPARTMENT OF PSYCHOLOGY,

(RCI'S Centre of Excellence for Mental Health & Well- Being)

GURUGRAM UNIVERSITY, GURUGRAM

In Collaboration With

INSTITUTE OF HUMAN BEHAVIOUR AND ALLIED SCIENCES (IHBAS), NEW DELHI

More Information

https://gurugramuniversity.ac.in/Anubhuti2027/new.html

Why "ANUBHUTI"

(The name, and what it carries)

Anubhuti* (अनुभूति)** is a Sanskrit word for felt experience : the direct, inner knowing that arises from living something rather than merely studying it. In mental health, this is precisely the knowledge that no clinical scale fully captures: what it is to struggle, to endure, to recover, and above all to be heard. The conference takes its name and its spirit from the theme of World Mental Health Day 2026, "Lived Experiences Heard: Real Voices, Real Change,***" set by the World Federation for Mental Health - and gives that global call a name of its own. To convene under the banner of *Anubhuti* is to make a commitment: that scholarship, care and policy are strongest when they are built with lived experience and not merely about it. Across two days, the conference invites the academician, clinician and the researcher, the policymaker and the artist, and the person who has walked through mental distress, to meet as equals - so that real voices shape real change.

Conference Theme Statement

Concept Note: From Real Voices to Real Change

Mental health has moved to the centre of public life. Yet the distance between those who study distress and those who live it remains wide in research design, in service delivery, and in the corridors where policy is written. *ANUBHUTİ 2027* is convened to narrow that distance. The 3rd International Conference on Mental Health & Wellbeing at Gurugram University brings together disciplines that too often work apart - psychology, psychiatry, social work, public health, education, law, technology and the humanities, around a single organising idea: that lived experience belongs at the heart of how we understand, treat and legislate for the mind.

The conference arrives at a moment of global reorientation. The World Health Organization's push toward community based, rights-respecting care, away from institutional models, asks every stakeholder to listen more closely to the people care is meant to serve. *ANUBHUTİ 2027* responds by placing lived experience, cultural wisdom and rigorous science in the same room, in dialogue rather than in competition.

ABOUT THE ORGANIZERS

GURUGRAM UNIVERSITY

Gurugram University , Gurugram which is a state University is a State University came into existence on May 30, 2017 under the provision of Haryana Act No. 17 of 2017. The university is providing academic leadership in the region to satisfy the need and the desire of the students who want to explore their creative intellect and learning aptitude through various Graduate, Post Graduate and Doctoral programs. The aim of Gurugram University is to produce among the best-in-class knowledge creators, problem solvers and process managers, who also display deep social, cultural, ecological and national sensitivity and will be collaborative leaders and responsible citizens.

IHBAS, NEW DELHI

The Institute of Human Behaviour and Allied Sciences (IHBAS), Delhi, is an autonomous institution under the Government of NCT of Delhi, established with the mission to provide premier mental healthcare, training, and research in the country. Recognized as a center of excellence in mental health and neurosciences, IHBAS offers specialized clinical services along with Graduate, Post Graduate, Doctoral, and Post-Doctoral training programs in Psychiatry, Clinical Psychology, Psychiatric Social Work, and related disciplines.

ABOUT THE ORGANISING DEPARTMENT

Department of Psychology

(RCI's Centre of Excellence for Mental Health & Well-Being), Gurugram University

Established in 2018, the Department of Psychology, Gurugram University, Gurugram prepares students to become professional psychologists, counsellors, and mental health practitioners. It offers six programmes: four RCI-approved courses (B.Sc. Clinical Psychology (Hons.), Professional Diploma in Clinical Psychology, M.Phil. Clinical Psychology, and M.A. Clinical Psychology), along with M.Sc. Psychology and Ph.D. Through MoUs with IHBAS and VIMHANS (New Delhi) and UHSR (Rohtak), students gain internship, clinical training, and research opportunities, and RCI course students also receive hands-on clinical training from NIMHANS, Bangalore. The department has organised two international conferences: *ISPH 2025 (International Seminar on Psycho-Harmony)* and *SAMANVAYA 2026 (International Mental Health Confluence: Synergy for Research & Practice)*, and extends its work beyond academia through mental health camps, awareness programmes, and outreach across 10 adopted Villages and 2 Slum Clusters of Gurugram. Its clinic, Mano-Sukoon, offers accessible, evidence-based psychological support alongside clinical training. Through its focus on academic excellence, clinical competence, research, and community engagement, the department aspires to advance mental health and well-being, reduce stigma, and build a more informed, compassionate, and psychologically resilient society.

Mano-Sukoon: Mental Wellness Clinic

Mano-Sukoon: Mental Wellness Clinic is an initiative of the Department of Psychology *(RCI's Centre of Excellence for Mental Health & Well-Being),* Gurugram University. Working in synergy with CIPSA (Centre for Intervention and Prevention of Substance Abuse, under the aegis of ICSSR, New Delhi) and the CWHW: Centre for Women's Health and Well-Being (under the aegis of Swarna Jayanti Haryana Institute for Fiscal Management,GoH), the clinic combines clinical expertise, evidence-based interventions, and professional training to deliver individualized psychological assessment, screening, and therapeutic support. Guided by the belief that *"Good Mental Healthcare Should Be Within Everyone's Reach,"* it brings together specialized clinical services and community outreach in an environment grounded in empathy, ethical practice, and cultural sensitivity. In doing so, it works to make quality mental healthcare more accessible, encourage early help-seeking, and challenge the stigma surrounding mental health.

ANUBHUTI 2027

PANEL DISCUSSION & WORKSHOPS

THEME FOR PANEL DISCUSSION

"Moving Beyond Stigma: Survival Towards Dignity, Belonging & Meaning"

WORKSHOP - 1

"Use of Storytelling & Metaphors as Therapeutic Tools"

Resource Person: Prof. S.P.K. Jena,
Sr, Professor Applied Psychology, University of Delhi

WORKSHOP - 2

"Mastering ACT from Theory to Therapy Room"

Resource Person: Dr. Tanuja Kaushal
Clinical Psychologist

Conference Objectives

March 2-3, 2027

- **Foreground lived experience as a legitimate source of knowledge in mental-health research and practice.**
- **Bridge indigenous and traditional understandings of the mind with contemporary science and evidence-based care.**
- **Advance rights-based, community-oriented and de-institutionalised models of mental-health care.**
- **Build interdisciplinary and international networks among scholars, practitioners and advocates.**
- **Translate research into policy, practice and public understanding that reduces stigma and widens access.**

Conference Tracks

Original research, reviews, posters, case studies and practice reflections are invited across the following tracks. Interdisciplinary submissions that span more than one track are especially welcome.

TRACK 1: Voices of Lived Experience

Narrative and participatory research, peer support, co-production and service-user leadership in mental health care.

TRACK 2: Bridging Wisdoms

Indian psychology, yoga, meditation and traditional healing in dialogue with contemporary neuroscience and evidence-based practice.

TRACK 3: Mental Health Across the Lifespan

Child and adolescent, youth, perinatal and geriatric mental health, and intergenerational
wellbeing.

Conference Tracks

March 2-3, 2027

TRACK 4: Campuses, Workplaces & Communities

Student and academic well-being, occupational mental health, and community-based models of care and prevention.

TRACK 5: Digital Minds

Artificial intelligence, teletherapy, mental-health apps, digital wellbeing, and the ethics of technology in care.

TRACK 6: Rights, Policy & De-institutionalisation

Mental health law, access and equity, stigma reduction, and community over institutional care.

TRACK 7: Trauma, Resilience & Healing

Disaster and crisis mental health, post-traumatic stress, recovery and resilience-building.

TRACK 8: Culture, Stigma & Media Influences

Media, Arts & Mental Health: Challenging Stigma, Shaping Cultural Narratives, and Promoting Inclusion

TRACK 9: Positive Psychology

Happiness and Well-Being, Peace in contemporary world, Stress - Health and Positive Psychology.

TRACK 10: Marginalised Population

Gender specific research, LGBTQIA+ community, marginalised and underprivileged studies and economically weaker sections.

ANUBHUTI -2027

March 2-3, 2027

Chief Patron

Prof. Sanjay Kaushik
Vice-Chancellor, Gurugram University

Patron

Prof. R.K. Dhamija
Director, IHBAS, New Delhi

Advisory Committee

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Ms. Aadya Mishra, Ms. Tanya Goel

Call for Papers

Submit your work

We invite original, unpublished contributions in the following formats. All submissions undergo double-blind peer review; selected papers will be considered for publication (see below).

Submission formats

- ***Oral paper presentation:*** Abstract up to 250 words for a 10–12 minute presentation.
- ***Poster presentation:*** Abstract up to 250 words; ideal for work in progress and empirical findings.
- ***Lived-experience narrative:*** A dedicated strand for first-person accounts and creative / arts-based work.
- ***Panel Discussion:*** On the theme *"Moving Beyond Stigma: Survival Towards Dignity, Belonging & Meaning*"

Submission guidelines

- ***Abstract:*** 250 words, with 4–6 keywords.
- ***Format:*** MS Word, Times New Roman 12 pt, APA 7th edition referencing.
- ***Originality:*** Similarity index below 10%; No simultaneous submission elsewhere.
- ***Registration:*** Mandatory for all authors to register.

Publication: Accepted and best full papers will be published in an edited book with ISBN.

Submission email: anubhuti2027@gurugramuniversity.ac.in

Abstract Submission Guidelines

Abstracts of 250-300 words in PDF and word formats are to be sent to ***e-mail id:*** **anubhuti2027@gurugramuniversity.ac.in** and register at: https://forms.gle/CEkk6xc8MWE76Tk36

Important dates

Abstract submission deadline	Notification of acceptance	Submission of full working papers	Registration link for the workshop and seminars will be open from
December 25, 2026	December 31, 2026	January 25, 2027	November 1, 2026

The full paper should be a minimum of 3,500 words, including references, formatted according to the latest APA guidelines. All shortlisted papers after editorial revision will be published in an edited book with an ISBN number.

Registration Fee for Seminar & Workshop

(Registration fee includes conference kit, lunch and high tea)

	SEMINAR	WORKSHOP
UG STUDENTS	₹800	₹500
PG STUDENTS	₹1000	₹1000
RESEARCH SCHOLAR	₹1500	₹1000
FACULTY/PROFESSIONALS	₹2000	₹1500

Venue: Gurugram University, Mayfield Gardens, Sector-51, Gurugram, Haryana (20 kms from IGI Airport, New Delhi)

ACCOUNT DETAILS

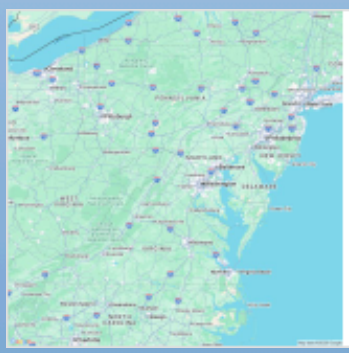
Account Name	International Seminar Psycho Harmony 2025 Gurugram University
Account No.	732905000184
IFSC No.	ICIC0007329

Scan the QR Code for Payment

Venue: Gurugram University, Mayfield Gardens, Sector-51, Gurugram, Haryana (20 kms from IGI Airport, New Delhi)

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